

Circle Time with CSE Website Update

Welcome to Circle Time with CSE page! Our workshop design is to provide valuable information and support to help you manage your mental health and well-being. Each month, we focus on a variety of topics relevant to student life, mental health, and coping strategies. Circle Time with CSE promotes the mental health and emotional well-being of UH students by providing comprehensive support services, fostering a healthy campus environment, and promoting resilience and personal growth.

The first workshop for Fall 2024 will be: Coping Strategies for College Life

Workshop Overview

We will focus on common stressors in college life, learn practical coping skills, and develop a personal coping plan. Most college students experience stress at some point in their collegiate career. This workshop focuses on learning when to relax, repair, and restore from overwhelming college stressors.

What You Will Learn

Understanding Common College Stressors: We will discuss common college stressors: academic pressure, social challenges, financial concerns, and time management.

Coping Strategies: Discover effective strategies for managing college stressors, including cognitive-behavioral strategies, relaxation exercises, and mindfulness practices.

Building Resilience: Develop skills to enhance your resilience and manage stress more effectively.

Resources and Support: Find out about campus and community resources available to support your mental health and well-being.

Workshop Facilitators

Our workshops are led by experienced mental health professionals who prioritize psychoeducation for all UH students' mental health and well-being.

Lead Facilitator: Juliet Ogbonna – Licensed Master Social Worker (LMSW)

Co-facilitators: Student leaders, Graduate Assistants, Campus Partners

Testimonials

Hear from students who have attended our previous workshops:

“It was a well-constructed and informative session. I really enjoyed it.” – Ian, Freshman.

“Loved it! Wish it was longer!” – Oluwatosin, Junior

“It was helpful. It enlightened me on how to deal with my emotions henceforth. Thank you!” –Anita, Senior.

“I loved it! Love the chatting and the chatting was fun and engaging” – Daniela, Graduate Student

How to Register:

To register for upcoming workshops, please click on the links below.

Fall 2024 Upcoming Workshops

September 4th – Coping Skills for College Life - This psychoeducation group is to equip students with the essential skills and strategies needed to effectively manage the unique challenges and stressors of college life. This group aims to foster resilience, enhance emotional well-being, and promote academic success by teaching practical coping mechanisms and providing a supportive environment for shared experiences and peer support.

<https://forms.office.com/r/C4EpC53cB0>

October 2nd – Rebuilding Confidence for Life – The purpose for this psychoeducation group is to empower participants with the knowledge, skills, and strategies necessary to restore and enhance their self-confidence. Through a series of interactive sessions, this group aims to provide a supportive environment where individuals can explore the factors affecting their confidence, develop a positive self-image, and build resilience to face life’s challenges.

<https://forms.office.com/r/pgPCQ6XQxf>

November 6th – Understanding Social Isolation – This psychoeducation group is to provide participants with comprehensive knowledge and strategies to recognize, understand, and address social isolation. This group aims to foster awareness about the causes and effects of social isolation, offer coping mechanisms, and promote strategies to build and maintain meaningful social connections.

<https://forms.office.com/r/5aSkQ44SDV>

December 4th – Coping with Seasonal Depression – This psychoeducation group is to provide participants with the knowledge, skills, and support needed to understand and effectively manage seasonal affective disorder (SAD). This group aims to educate individuals about the nature of seasonal depression, identify its symptoms, and develop personalized coping strategies to improve their mental health and overall well-being during seasonal changes.

<https://forms.office.com/r/UAv8b6JQhw>

Thank you for your interest in our Monthly Psychoeducation Group Workshop a.k.a Circle Time With CSE. We at CSE look forward to seeing you there and are here to support your journey to mental wellness and academic success.

All workshops are held on the first of the month at the same time in the same location every month.

Time: 12:00 PM - 1:00 PM

Location:

Venue: Skyline Room Student Center South, 2nd Floor.

Address: 4455 University Dr., Houston, TX 77004
We provide lunch or snacks during our workshops.

Contact Us

If you have any questions about the workshop or need further information, please do not hesitate to reach out.

Phone: (713) 743-6032

Email: uhcse@CougarNet.UH.EDU or joogbonn@cougarnet.uh.edu